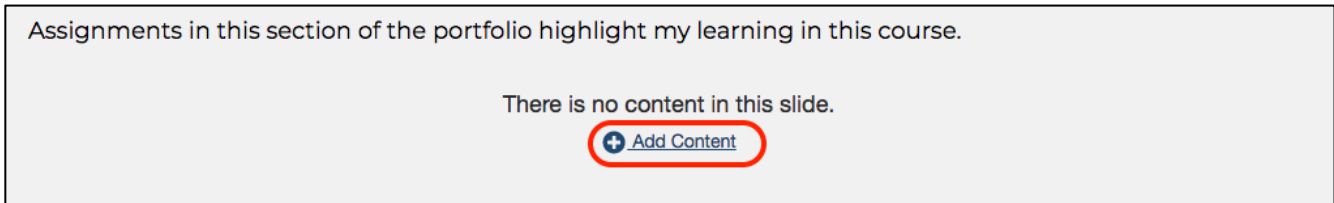


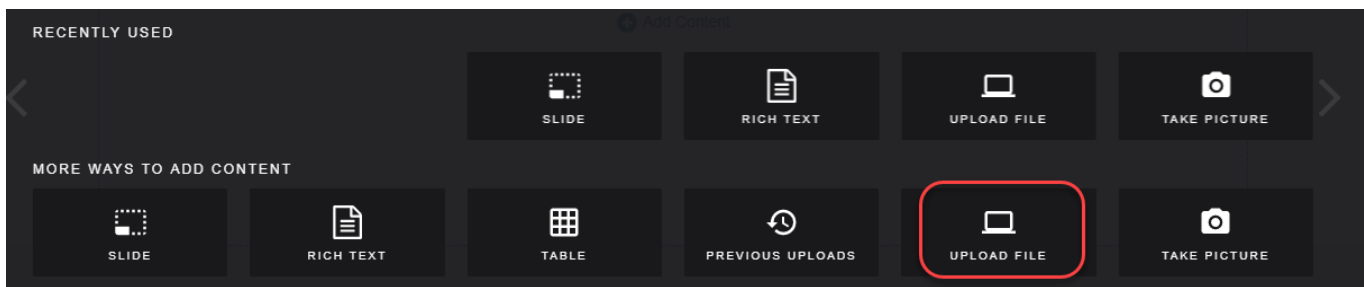


## Uploading a Video

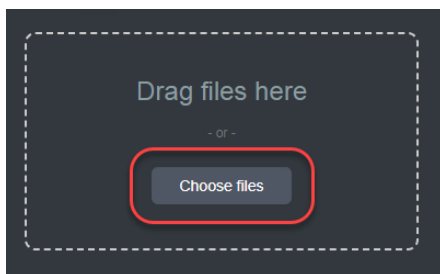
**Step 1:** Click on the blue + icon **Add Content** located at the bottom of the screen:



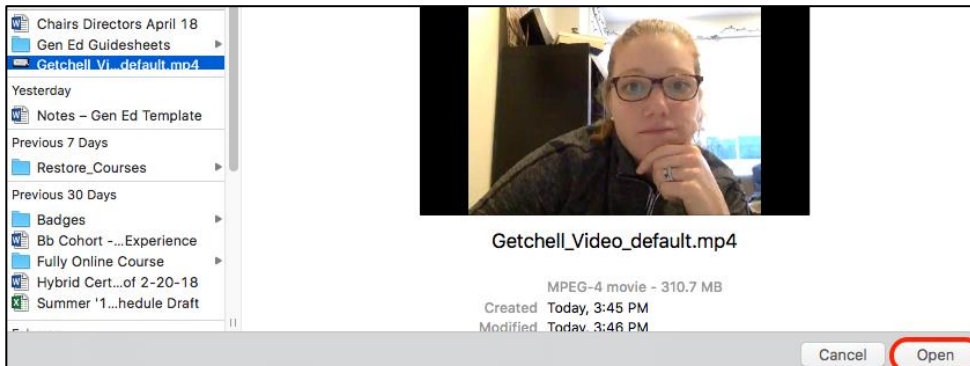
**Step 2:** Click on **UPLOAD FILE**:



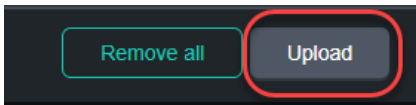
**Step 3:** Click on **Choose files**:



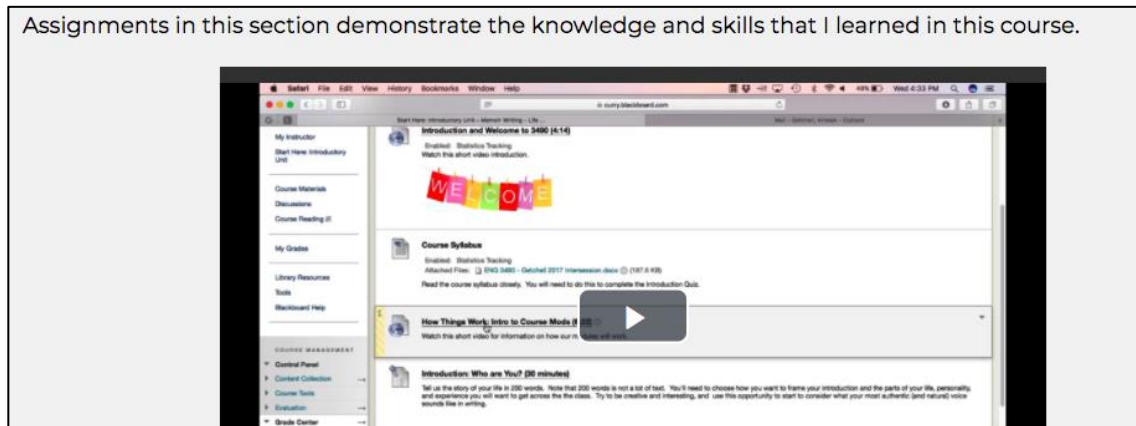
**Step 4:** Browse your computer, select the .mp4 or other video file and click **Open**:



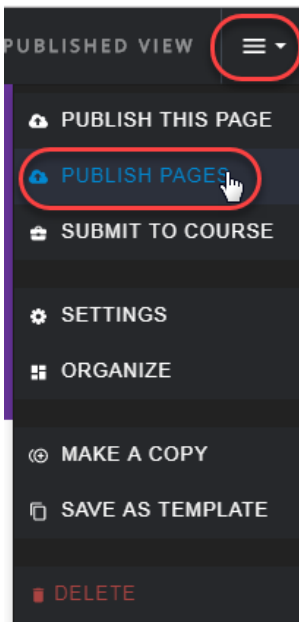
**Step 5: Click Upload:**



You will see your video in your e-Portfolio, for example:



**Step 6: Click on the menu in the upper right corner and select PUBLISH PAGES:**



**Step 7: Click PUBLISH:**

